

STOWE

Old Home Week Doings

The pavilion at the Palsades park, the gift of P. D. Pike to the town several years ago, was the scene of the annual picnic under the auspices of the Stowe Old Home Week association for the 15th consecutive year, at noon Thursday. A large number were present and a bountiful dinner was served. The President of the association called the gathering to order after dinner and the minutes of last year's exercises were read by the Secretary.

The following officers were re-elected:—President, L. L. Harris; Vice President, Mrs. Mary A. Jenney; Secretary, Mrs. Johanna McMahon Luce; Treasurer, P. D. Pike. Mrs. Luce resigned as secretary and Mrs. Lola Billings Douglass was elected in her stead.

President Harris called upon several former residents for remarks, among them Herbert L. Delano of Elmore, Mrs. Mary Gorton Darling of Hampton, Va.; Mrs. Florence Gates of Swanton, and Miss Jennie Hodge of New Rochelle, N. Y. Newell Bigelow of Salem, Mass., recited an original selection.

Others present from out of town were, Mrs. Luez Gorton and James S. Darling of Hampton, Va., guests of Mrs. F. E. Smith; Mrs. Battie Waite and Mrs. Susan Jones of Barre, Dr. and Mrs. P. B. McSweeney, Misses Katherine McSweeney and Dorothy McMahon and Douglas McSweeney of Burlington; Mrs. H. L. Delano, Mrs. William Kaiser and the Misses Delta and Vera Kaiser of Elmore; Mrs. C. H. A. Stafford and Miss Eloise Stafford of Morristown; Mrs. Lydia Kimball of New Britain, Conn.; Mrs. Hunter of Oregon City, Ore.; Mrs. O. G. Harris of Springfield, Mass.; Miss Emma Vaughn of Waterbury Center; T. H. Casey of Fitchburg, Mass.; Mrs. S. C. Wheeler of Waterbury; Miss Mary Bigelow of Danvers, Mass.; Miss Addie Bigelow of Franklin, N. H.; Mrs. Abbie Warren of West Lebanon, N. H.; Mr. and Mrs. G. E. Fowler and Miss Hattie Hodge of Framingham, Mass.; Mrs. G. H. McQuade of Chicago; Mrs. Ruth Robinson of Burlington.

Among the older residents were, Mr. and Mrs. Eliakim Bigelow and Mr. and Mrs. P. D. Pike.

Thursday afternoon about 500 people watched the sports on Main street. The Stowe Military Band furnished music and gave a concert in the evening at the band stand. The ladies of the Methodist church served ice cream and cake. The parade on Main street at 1:30 o'clock p. m. on Friday was followed by exercises at the Akeley Memorial building at 2:30 o'clock, Governor Gates delivering the address.

The concert given at the Akeley Memorial building, under the auspices of the association, Wednesday evening, included vocal solos and duets by Mrs. H. W. Barrows and Mrs. L. B. Bamforth; flute and cello solos and duets by the Misses Marion and Irma Jordan of Burlington, with Miss Marjorie Gates of Morrisville, pianist; a selection by a male quartette, Messrs. Riley, Cheney, Burnham and Burnham, and readings by Miss Gwendolen Smith of Morrisville.

Among the Old Home Week re-unions was a picnic party Thursday of former schoolmates, including the Misses Avis Yearen, Fitchburg, Mass.; Dorothy Harris of Boston; Anna Fitzsimmons, Ruth McMahon, Inez Smith and Minnie Smith of Stowe, Mrs. Clyde Jenney Jenkins of Florida and Mrs. Elva Warren Lusk of West Lebanon, N. H.; and a re-union of the class of 1913 at Smugglers' Notch, at which Norman French of Montpelier, Miss Dorothy Harris of Boston, Miss Margaret Harris of Middlebury, Miss Mary Moody, Miss Bernice Lang, Mark Plooff, Edwin Smalley, Roy Robinson and Charles Gale were present.

For an itching skin trouble, piles, eczema, salt rheum, hives, itch, and head, herpes, scabies, Doan's Ointment is highly recommended. 50c a box at all stores.—Adv.

Sawed-Off Sermon.

The trouble with the average self-made man is that the part he talks with is out of proportion to the part he thinks with.—Indianapolis Star.

IT IS SERIOUS

Some Morrisville People Fail to Realize the Seriousness of a Bad Back

The constant aching of a bad back, The weariness, the tired feeling, The pains and aches of kidney ills May result seriously if neglected. Dangerous urinary troubles often follow.

A Morrisville citizen shows you what to do.

Mrs. S. M. Cook, 5 Maple St., Morrisville, says: "I suffered from a severe attack of lameness in my back and I was unable to even turn over in bed. The kidney secretions showed plainly that I needed a kidney medicine. Hearing about Doan's Kidney Pills, I got a box at Cheney's Drug Store. They relieved me in a short time."

ENDORSES DOAN'S AGAIN

Over two years later Mrs. Cook said:—"I have been very much benefited by Doan's Kidney Pills and can still endorse them."

Price 50 cents at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Cook has twice publicly recommended. Foster-Milburn Co., Proprietors, Buffalo, N. Y.

Adv.

Anna Thompson.

VERMONT STATE FAIR

White River Junction

The Big Sensational Feature

Captain Redding will drop bombs on Fort in co-operation with Cavalry Attack by Norwich Cadets. See this graphic reality of European Warfare.

BALOON ASCENSION

Thrilling ascensions daily with parachute drops.

TROTTER

Track in splendid condition. Entries larger than ever in all classes. Purse liberal. Great racing program assured.

CATTLE EXHIBITS

The finest specimens of all breeds from Maine, New Hampshire and Vermont. The largest show to be seen in New England this year.

MORGAN HORSES

Fine exhibit under auspices of Morgan Horse Club of America. Also big show of all standard breeds.

GENERAL EXHIBITS

Biggest poultry display ever. All live-stock in abundance. Agricultural products crowding every exhibition hall.

EREE VAUDEVILLE

A lot of headline features, including a bear on roller skates. Don't come if it hurts you to laugh.

New Buildings. Increased Auto Park. For Premium List, write F. L. Davis, Sec., White River Junction.

SEPTEMBER

14, 15, 16, 17, 1915

The KITCHEN CUPBOARD

ORANGE SHORTCAKES.

LUNCHEON MENU.

Baked Rarebit.
Stewed Tomatoes.
Bran Bread. Toasted Crackers.
Orange Shortcake.
Tea.

ORANGES may be used to make winter shortcakes. Served with whipped cream, the cakes are handsome desserts.

Filled Before Serving.

Orange Shortcake With Cream.—Take three tablespoonsful of butter, three-fourths of a cupful of sugar, one egg, a half cupful of milk, one and a half cupfuls of sifted pastry flour and two teaspoonfuls of baking powder. Cream butter, sugar and egg until light, add baking powder to flour and stir into creamed mass, alternating with milk. Beat well; then bake in deep layer cake pan. When cold split and put orange filling between. To make the filling, scoop the clear pulp from two small Florida oranges, sugar liberally and place between layers; now divide one orange into sections, place whipped cream on cake; then lay sections of oranges around edge. The cake must be filled just before serving.

Orange and Pineapple Shortcake.—Take two cupfuls of flour, two tablespoonfuls butter, one cupful milk, four teaspoonfuls baking powder, half a teaspoonful of salt, one can of shredded pineapple, four oranges. Cut the oranges in small pieces, mix with pineapple, sweeten to taste and let it stand an hour. Sift the flour, salt and baking powder. Cut in the butter with a knife; then add milk. This will fill two round shallow cake tins. Put half the fruit between layers, the rest on top.

A Plain Dough.

Orange Shortcake With Biscuit Dough.—Take two large oranges or three small ones, cut in pieces and cover with sugar; let stand until a rich syrup is formed. Make a biscuit dough, using one heaping cupful of flour, one rounding tablespoonful of baking powder and milk to make a soft dough, and bake. When done split the crust. Butter both pieces, add the orange to lower piece; then put the orange on top.

Orange Shortcake à la Mode.—Take six oranges, peel and remove seeds and white skin. Slice and sprinkle with sugar. Let these stand until the cake is baked. Cream together a cupful of sugar and a half cupful of butter. Stir into the mixture a well beaten egg, half a cupful of milk and a pint of flour sifted, with two teaspoonfuls of baking powder. Bake in two sheets. When baked place the oranges between the layers and serve with a sauce made from two cupfuls of hot water, a teaspoonful of butter and half a cupful of sugar and cornstarch to thicken. Flavor with the juice of one orange and grated yellow rind of two. Serve hot.

"Knitters' Neuritis."

Too much wartime knitting and sewing is responsible for the appearance in England of a malady which may be compared with writers' cramp or tennis elbow. The physicians call it "knitters' neuritis." The only treatment is to give up knitting indefinitely.

"When any untrained set of muscles is suddenly called upon to repeat indefinitely a complex and unaccustomed sequence of movements," says a London physician, "a spasmodic paralysis is very likely to develop. Knitters' neuritis begins with the worker feeling that the usual wrist and finger movements cannot be followed with the customary ease. Then the muscles get stiff, and in the later stage develop a spasmodic cramp as soon as the knitting needles are taken into the fingers. Although the fingers are thus affected whenever an attempt is made to knit, there is no interference with other varieties of finger movement."

Preserving Patent Leather Shoes.

Patent leather shoes should be carefully wiped off with a soft cloth when they are removed and then a few drops of oil should be rubbed into them. This will keep the leather soft and prevent them from cracking.

Caricature.

Mrs. O. H. P. Belmont, the suffragist leader, was praising in New York the recruiting work of the English suffragists.

"Englishmen now," she said, "have a better understanding of their suffragist sisters. The average Englishman's idea of a suffragist in the past is well illustrated in an anecdote."

"Dear me," said one woman to another, "here's a wife just been arrested for horsewhipping her husband in a public theater!"

"Quite right," the other woman, a suffragist answered firmly. "Quite right, too, to arrest her. These painful duties should never be performed in public, but only on the sacred privacy of the home."

Finger-Print Love.

"Why do you think you'll be happy if you marry that young man, daughter?" asked the father.

"Because, father, we've had our finger-prints examined and they almost match," was the sweet young thing's reply.

Ancient Almanacs.

Almanacs are in existence that were compiled in the eleventh century, but they are in manuscript; the first printed almanac was issued about the year 1475.

OUR PUBLIC FORUM

III—Julius Kruttschnitt

On Financing Railroads



The farmers of this nation need to become better acquainted with the railroad men and their problems. It is only those who know that can give us information and the farmers of America should listen attentively to what the men who manage railroad property

have to say. Mr. Kruttschnitt, executive head of the Southern Pacific, has written an article dealing with the financing of railroads. He said in part:

"The financing of a railroad is a function which the people, through their servants, the Railroad Commissioners and the Legislators, have never attempted, but it is a most important problem, especially to sections of a State where new railroads are needed. The placing of securities has been left entirely with the promoter and owner of railroads."

"The immediate determination of what earnings the railroad shall be permitted to receive and what burdens it shall have put on it is in the hands of other servants of the public

—the Legislators and the Commissioners.

"Managing a railroad is quite different from managing a government where the money is raised by taxation. When the expenditures, for good reasons or otherwise, increase, taxes can be equally increased. The railroads, while servants of the public, cannot raise money with such ease and facility. The railroads must keep their expenditures within their incomes because while they have some control over their expenditures they have almost no control over their incomes, their rates being fixed by public authorities."

"There is not a railway manager in the country today who is not fearful that under the pressure of increasing demands the transportation systems of the country will, in a few years, break down, unless the railroads are allowed to earn larger funds wherewith to build it up. There are vast sections of the country, especially in the West, where more railroads are needed and they cannot be built unless the railroads raise new capital."

"People invest money in order to make money, and they are skeptical as to whether they can make money by investing in concerns that are dealt with stringently and unfairly. Railroad securities must be made more attractive to invite investments, and in order that they may be made more attractive, the roads must be allowed earnings that will enable them to meet the increased capital charges."

Fundamental Principles of Health

By ALBERT S. GRAY, M. D.

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THE FOOT.

Recently there appeared in the columns of the daily press a special cable notice of the presentation of a paper at the Academy of Sciences, Paris, France, by Edmond Perrier, director of the Museum of Natural History, indicating as the result of experiments conducted by M. Lahy over a period of ten years that "persons who work constantly in the midst of harsh noise show symptoms of exceptional fatigue, due to excessive blood pressure while working, followed by depression of the vital forces." And Edmond Gautier, the well known scientist, is quoted as comparing city noises "to blows of a hammer upon the nervous system," and stating that "such noises frequently repeated tend to cause neurasthenia in persons naturally sensitive to noise."

There is not the shadow of a doubt as to the truth of these observations.

We have long been familiar with the phenomena of reflex irritation as a factor in human suffering, but the subject has never received the attention it deserves and that it is destined to receive from this time on.

We do not have to be conscious of irritation to suffer the reaction from overstimulation. And here we have an illustration of the effect of inertia on the human mind; for the scientific gentleman who will so clearly point out the cause of many cases of human wreckage among his clients is usually himself a victim of the same irritation from another point. Obviously he lacks either in intellectual integrity or in that broad grasp of principle approximating genius, or he would recognize in the fourteenth century type of contraction he wears on his feet a source of irritation of vastly more destructive power than can possibly flow from eye, ear or nose.

Every normal baby born into this world has a foot so shaped that a straight line drawn from the center of the end of the big toe through the center of its base will pass through the center of the heel of the foot. This imaginary line was discovered many years ago by a man named Meyer and has since been known as "Meyer's line," and on the preservation of this line depends foot comfort and, to a very large degree, general health and happiness as well.

The foot is composed of 26 bones, more or less movable. Fourteen of these belong to the toes, the remaining 12 being a series of odd shaped bones forming two arches. The weight of the body is carried on the astragalus, the highest bone in the arch. These two arches are held up by two sets of tendons originating in the heavy calf muscles. One set, running down under the heel bone and extending from heel to toes, strings the longitudinal arch up just as a bowstring strings a bow; others running down the inside of the leg turn under the arch of the instep and, extending across the sole of the foot, are anchored to a bone near the base of the little toe, stringing up the crosswise arch. The give and pull of the calf muscles on these tendon ropes that hold up the arches forms a wonderfully efficient set of springs and insures an easy, graceful, swinging and ever enduring gait if they are permitted to operate.

When the entire weight of the body is thrown on the foot in taking a normal stride the longitudinal arch will expand approximately three-quarters of an inch and the cross arch about one-half inch. If this free action be not permitted then it means weakening the muscles of not only the entire leg and hips but of the back and abdomen as well, besides disturbing the circulation in general and converting the natural walk into a waddle. Few people walk these days—they cannot; they tire too easily because their center of gravity is displaced.

It would be much less harmful if any person thoroughly convinced that nature had made a mistake in shaping the human foot should have his feet reshaped to suit with saw and knife than to devote a life time to molding them into conventional lines by the usual daily hammering, which is brutal and disastrous because each step taken means a blow on the brain tissue.

Nervous exhaustion is a powerful factor in the stupefaction of multitudes who imagine they are ill, and the key to the puzzle is without doubt to be found in the fact that it is among the class showing the greatest distortion of "Meyer's line" that the vast majority of the most aggravated types of neurasthenia are to be found.

Any pressure that can possibly distort "Meyer's line" is at the same time applied to this special sense area, and this brings us face to face with the question of nerve cell exhaustion through foot irritation—a subject on which the average individual is exceedingly sensitive because it touches on the style of the shoe, an article of apparel in which there has been little change in type since it was designed in the fourteenth century for a class who never walked.

WOMEN WHO ARE ALWAYS TIRED

May Find Help in This Letter.

Swan Creek, Mich.—"I cannot speak too highly of your medicine. When



through neglect or overwork I get run down and my appetite is poor and I have that weak, languid, always tired feeling. I get a bottle of Lydia E. Pinkham's Vegetable Compound, and it builds me up, gives me strength, and restores me to perfect health again. It is truly a great blessing to women, and I cannot speak too highly of it. I take pleasure in recommending it to others."—Mrs. ANNIE CAMERON, R.F.D., No. 1, Swan Creek, Michigan.

Another Sufferer Relieved.

Hebron, Me.—"Before taking your remedies I was all run down, discouraged and had female weakness. I took Lydia E. Pinkham's Vegetable Compound and used the Sanative Wash, and find today that I am an entirely new woman, ready and willing to do my housework now, where before taking your medicine it was a dread. I try to impress upon the minds of all ailing women I meet the benefits they can derive from your medicines."—Mrs. CHARLES ROWE, Kennebec, Maine.

If you want special advice write to Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Thrice-a-Week Edition

OF THE

NEW YORK WORLD

Practically a Daily at the Price of a Weekly. No other Newspaper in the world gives so much at so low a price.

The year 1914 has been the most extraordinary in the history of modern times. It has witnessed the outbreak of the great European war, a struggle so titanic that it makes all others look small.

You live in momentous times and you should not miss any of the tremendous events that are occurring. No other newspaper will inform you with the promptness and cheapness of the Thrice-a-week edition of the New York World. Moreover, a year's subscription to it will take you far into our next Presidential campaign.

THE THRICE-A-WEEK WORLD'S regular subscription price is only \$1.00 per year, and this pays for 156 papers. We offer this unequalled newspaper and NEWS AND CITIZEN together for one year for \$2.00.

The regular subscription price of the two papers is \$2.25.

PULLING YOURSELF UP BY YOUR BOOTSTRAPS

JUST that is what you're trying to do if you are attempting business without advertising in these columns. No man was ever satisfied with well enough. You are no exception—you want more business. Push hard—advertise in this paper. Tell people what you've got to sell—tell them often—tell it well. Visit our office—we'll show you how.

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How's Business?

THIS ad. is directed at the man who has all the business in his line in this community.

Q Mr. Merchant—You say you've got it all. You're selling them all they'll buy, anyhow. But at the same time you would like more business.

Q Make this community buy more.

Q Advertise strongly, consistently, judiciously.

Q Suppose you can buy a lot of washtubs cheap; advertise a big washtub sale in this paper. Put in an inviting picture of a washtub where people can see it the minute they look at your ad. Talk strong on washtubs. And you'll find every woman in this vicinity who has been getting along with a rickety washtub for years and years, will buy a new one from you.

Q That's creative business power.

OUR AD. RATES ARE RIGHT—CALL ON US

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